



COSMETIC HOLIDAYS

— PHILIPPINES —

BY VIRAY TOURS AND TRAVEL



Luxurious Beauty Escapes



The First Step

Medical tourism is a growing trend globally and the Philippines is always on top of the list of destinations for many reasons. Over the years, the country has worked its way up to be at par with other rising medical tourism nations with its competitive pricing in health and wellness services and modern facilities.

The country's tropical climate, beautiful islands and world-class medical practitioners made the Philippines a top choice for medical tourists. Filipino hospitality and compassion have also become an advantage in welcoming medical visitors, especially because healthcare providers in the country are proficient in English. As a matter of fact, the Philippines made it to the list of top medical tourist destinations recorded by the International Healthcare Research Center and Medical Tourism Association. There are many reasons why men and women choose to do cosmetic and dental procedures. Some of them include:

- To boost self-esteem and self-image
- To turn back the hands of time
- To smile without worries!

So if you want to combine the perfect holiday with a top-notch medical treatment by expert and well-experienced doctors, move forward with confidence in knowing that Cosmetic Holidays Philippines will be your reliable partner!

To a New You

Whether it's a simple teeth whitening treatment, a major dental surgery or cosmetic surgeries like rhinoplasty, liposuction, breast augmentation, or vaginoplasty, our team will be there to guide you every step of the way. And best of all, Cosmetic Holiday Philippines takes you to the best possible places to recover both in Manila and in our partner luxurious resorts in top holiday destinations. We will make sure that you are guided and pampered throughout your journey to a new you!

Why Choose Us?



At Cosmetic Holidays Philippines, we pride ourselves in offering only the best to our clients. We live by these two words when it comes to our service: LUXURY and QUALITY. Still not convinced? Here's everything you need to know to seal the deal:

Luxury and Quality

Cosmetic Holidays Philippines only deals with the best of the best, both for your procedure and all your accommodations. From a luxurious hotel on a world-renowned beach, top-notch city residence in Manila, to the very sophisticated medical centre for your procedures, you'll be sure to feel and see that working with us is worth every penny! And it doesn't end there. During your stay, you will have your own on-call personal assistant who is fluent in English. She will be available to help you 24/7 and she'll make sure you feel at your utmost comfort while in the Philippines.

Quality without compromise is what we offer.

The location

We believe that location is everything. The last thing you want if you are recovering is to worry about where to eat, what to do or where to do your well-deserved shopping. That's why you will stay in the best residence Manila has to offer. The hospital is also conveniently located right across your home away from home, all in Manila's liveliest, safest and most upscale district. Did we mention that one of the nicest shopping malls is directly connected to your residential building? You read that right! There are plenty of shopping and dining options in walking distance.

If you need any help, your personal assistant will be there in no time!



Rest and recover

Traveling for cosmetic, dental, health and wellness and anti-aging procedures allows you to focus on yourself, away from the numerous distractions and demands on your time that you deal with every day. By receiving your services away from home, you have the privacy and relaxation you need to help you recover quickly, feel refreshed and renewed before returning home.

That's why we really recommend to include a stay in one of our holiday destinations to make sure you come back well rested and as the new YOU!

Flexible package.

Since our priority is to cater to your needs, you have the power to choose from a variety of packages that are suitable for you. You can opt for a package that doesn't include a trip to Boracay or Siquijor, or create your own package with multiple cosmetic or dental procedures to be done. Do you want us to buy your flight tickets? Don't fret, we have packages that are available under such conditions. Would you like to bring a friend, partner or the whole family? Let us know, it will be taken care off. Would you like to combine a cosmetic surgery and a dental procedure? We got you.

We will be here to help you customize your trip!

Comfort

From the moment you decide to travel to the Philippines with Cosmetic Holidays Philippines, all the work and hassle are on us. We will be there as soon as you arrive and pick you up from the airport personally. We will be also providing you with a phone which you can use to contact us during the whole duration of your stay. Also, the mobile phone has readily installed apps for everything you need! May it be a car service, a food delivery, a handy map: we got you covered! Nothing is too much for us because we understand very well that this journey is probably one of the most exciting things you have ever done. Apart from that, you will be guided to and from the clinic on the day of your procedure. The same goes on the days that you will have your follow-up check-ups with the doctor. And after your last check-up, we will make sure you will be brought to the airport, and needless to say, help you carry your luggage until the check-in counter.

We deliver excellence and nothing less!

The expert team

Cosmetic Holidays Philippines combines the perfect combination of local knowledge with western standard of quality and service. We have an experienced team hailing from The Netherlands, Australia and the Philippines. Because of our unique combination, Cosmetic Holidays Philippines is able to deliver a perfect match of local knowledge and benefits combined with the expertise that is recognized internationally. For most people, the idea of traveling to a new country can be scary. That's why we will make sure that you're going to be welcomed in the Philippines by someone who fully understands the country's rich culture. Our main office is in Manila so our team is always ready to assist you.

Don't worry, we have got it covered!



The Philippines

One of the best places in the world to undergo cosmetic surgery, the Philippines is known worldwide in producing great medical practitioners. Our doctors are trained in world-class standards and the level of English, especially that of the doctors, is proficient. As you may already know, cosmetic and dental procedures are more economic here than in western countries. And best of all, the locals, are one of the most welcoming people you'll ever meet.

Hospitality is unmatched in the Philippines. Come and see for yourself!

The holiday

Do we need to say more? For your recovery and rest, we will take you to the world class destination of Boracay or Siquijor, two of the most beautiful beaches in the world. Our partner resorts will be your home after your procedure.

We make sure your flights are booked and needless to say all the transfers from door to door are pre-arranged!

What's Included?

So you've decided to go abroad with Cosmetic Holidays Philippines? You made a good choice! Our cosmetic packages are loaded with everything you need and more.

Here is what you need to know about what is included in our packages:

- 1** An itinerary booklet that will cover the rest of your stay
- 2** Personal phone with handy apps and your contacts within Manila
- 3** Round-trip flights including the holiday destination (optional)
- 4** Airport pick-up and drop-off
- 5** A fluent English speaking personal assistant throughout the whole process
- 6** Luxurious accommodations in Manila and choose between Boracay and Siquijor for your holiday
- 7** A fruit basket and fully stocked fridge upon arrival in your Manila residence
- 8** The procedure to be done in the best medical centre and by the best cosmetic surgeons and dentists that Manila has to offer
- 9** The initial assessment from our cardiologist and your cosmetic procedure(s), no hidden charges!
- 10** Aftercare medicines
- 11** A responsive Australian contact for our clients from down under, a Dutch national for our European clients and a Filipino contact person who are ready to assist you
- 12** A western go-to person in Manila who is well-versed with the local culture that can help familiarize you with the local scene
- 13** No waiting list
- 14** Vouchers for some extra beauty treatments of your choice: manicures and pedicures, hairstyling, massage, etc.
- 15** A NEW YOU!

The Holiday Process



Airport to Apartment

When you arrive at the airport, we will be there to pick you up and bring you to your apartment. Upon arrival, you will be provided with a personal phone to contact your assistant if there is anything you need. The phone is equipped with all kinds of apps to make your stay even more comfortable i.e. car services, food delivery, etc.

You will be given a personal schedule and we will review all aspect of your itinerary!

The fridge will be full on arrival so you feel at home straight away! The manager of our apartment is Rico, who we consider as a dear friend. Any questions about the apartment, Rico will always be around and is always willing to help!

Doctor's appointment

For cosmetic surgeries, you will meet your doctor and do an assessment with our cardiologist either on the first or the second day, depending on your arrival time. For dental treatments, in most cases, there will be an initial assessment.

Surgery / Procedure day

It's finally time for your procedure(s) to be done. Your personal assistant will pick you up and bring you to the hospital, which is just a few meters away, and escort you back to your apartment after the procedure.



Recovery

After this, the recovery starts. You are free to directly contact your doctor whenever you have concerns.

For cosmetic surgeries, there are normally three personal check-ups with the doctor: The day after the operation, half way in to the holiday and the day before you fly back home. This may vary on what kind/s of surgeries you've had.

Holiday

During your stay, you have the option to explore more of the country while recovering in the beautiful island of Boracay or Siquijor. We book the tickets and make sure all transports are taken care off. All you have to do is to be ready to relax in your luxurious holiday resort.

End of the trip

As mentioned earlier, one last check-up will be done especially with cosmetic surgery clients. Once done, we will be transporting you safely to the airport.

We sincerely hope you had a pleasant stay with us and we hope to welcome you once more in the Philippines, yours truly, the management.

The Accommodations

Manila



The Gramercy Residences is the Philippines' first fully-furnished, fully-serviced, hyper-amenitized and fully-technologized condominium - a New York-inspired luxury tower of unmatched grace and elegance.

The property offers a number of remarkable amenities including swimming pools that are overlooking the city, rooftop restaurants, bars, entertainment and well-being facilities which includes a private cinema, traditional and modern gaming rooms and spa services, secure units, exclusive high speed internet and telecommunications solutions, as well as grand and unparalleled views of Makati City. Its magnificent exterior is illuminated in the evening.

Learn more here:

[The Gramercy Residences](#)

Boracay



Fridays Boracay Resort is regarded as the original small luxury haven in the island of Boracay. It is known for its exotic native cottages that give an authentic tropical vibe.

Romantic and rustic — these are the words that perfectly describe Fridays Boracay's accommodations. Distinctively soothing with touches of elegance, the bungalows in Boracay are suitably furnished to satisfy your need for tasteful comforts.

At Fridays, everything that you need for a fulfilling vacation is right at your fingertips.

- restaurants
- bakery
- beach bar
- massage treatments
- foot spa, manicure, pedicure, waxing, and paraffin treatment
- wi-fi internet access
- cultural show and fire dance show every Friday night
- boat rental and transportation services
- freshwater swimming pool
- mini library
- conference room for 40 persons
- wi-fi internet access
- business center
- housekeeping of Boracay beach huts
- laundry service
- 24-hour front desk and security
- games area by the pool
- activities desk

Learn more here:

[Fridays Boracay](#)

Siquijor



To make your recovery completely easy, we partnered with the best resort the island of Siquijor has to offer, The Coco Grove Beach Resort.

When you think about recovering and resting in a beautiful, tranquil and luxurious place, the Coco Grove Beach Resort is the place for you. It offers native style Cottages and Villas, set within tropical gardens or right along a white sandy beach. All our rooms are fully air-conditioned and have a private veranda with mini-bar and complimentary tea or coffee. From its amazing white beach to our friendly staff, the Coco Grove Beach Resort has a lot to offer. The 6-hectare resort is also filled with three amazing restaurants that serve traditional Filipino food and European cuisine as well as fresh seafood. Apart from these outstanding services, the resort also offers:

Activities

- Tours
- Diving
- Water Sports
- Water and Outdoor Activities
- Seasonal Special Events

Services

- Massage and Reflexology Center
- In-House Laundry Service
- Baby Sitting
- Island Treasures – Boutique Souvenir Store

Facilities

- Total of 91 rooms
- 3 swimming pools
- 3 restaurants
- Garden and Pool Bars
- Wi-Fi area
- Functions
- Dive Shop and Dive Center and more...

To learn more about the beauty of Coco Grove Beach Resort, click here:

Cocogrove Siquijor

The Doctors

Aesthetics



Cosmetic Holidays Philippines has a partnership with the NEU Advanced Aesthetics Center which is based in the Centuria Medical Makati, the newest and biggest IT-medical and medical-tourism facility in the Philippines. Our main cosmetic surgeon is Dr. Al Farabi Jaafar who is currently the Section Head of Cosmetic Surgery in the Centuria Medical Makati. Our other cosmetic surgeon is Dr. Grace Jaafar who is a female cosmetic aesthetic gynecologist in the Philippines trained to do female genital aesthetic cosmetic procedures.

Learn more about our doctors outstanding credentials here.

**NEU Advanced
Aesthetics Center**

Dental



For Dental procedures, Cosmetic Holidays Philippines is working with Asian Square Dental, another clinic that is based in the Centuria Medical Makati. It is known as the leading clinic in the field of cosmetic dentistry and dental surgery.

Learn more about the exceptional credentials of our dentists here.

Asian Square Dental

The Hospital

Centuria Manila



Centuria Medical Makati is a 28-story medical arts center that houses more than 500 clinics to serve doctors of various medical expertise, medical tourists and local patients. The property boasts of a spacious lobby and warmly lit, homey surroundings — a refreshing departure from the aseptic ambience of traditional clinics.

The infrastructure will also dedicate floors for medical support facilities including a hospital-grade day surgery center, recovery suites, radiology center, pharmacy and diagnostic laboratory to be run by Hi-Precision Diagnostics.

The concept of a topnotch outpatient IT-medical center began with Century Properties Chairman Jose E.B. Antonio who wanted to highlight and maximize the country's untapped potential as a medical tourism destination.

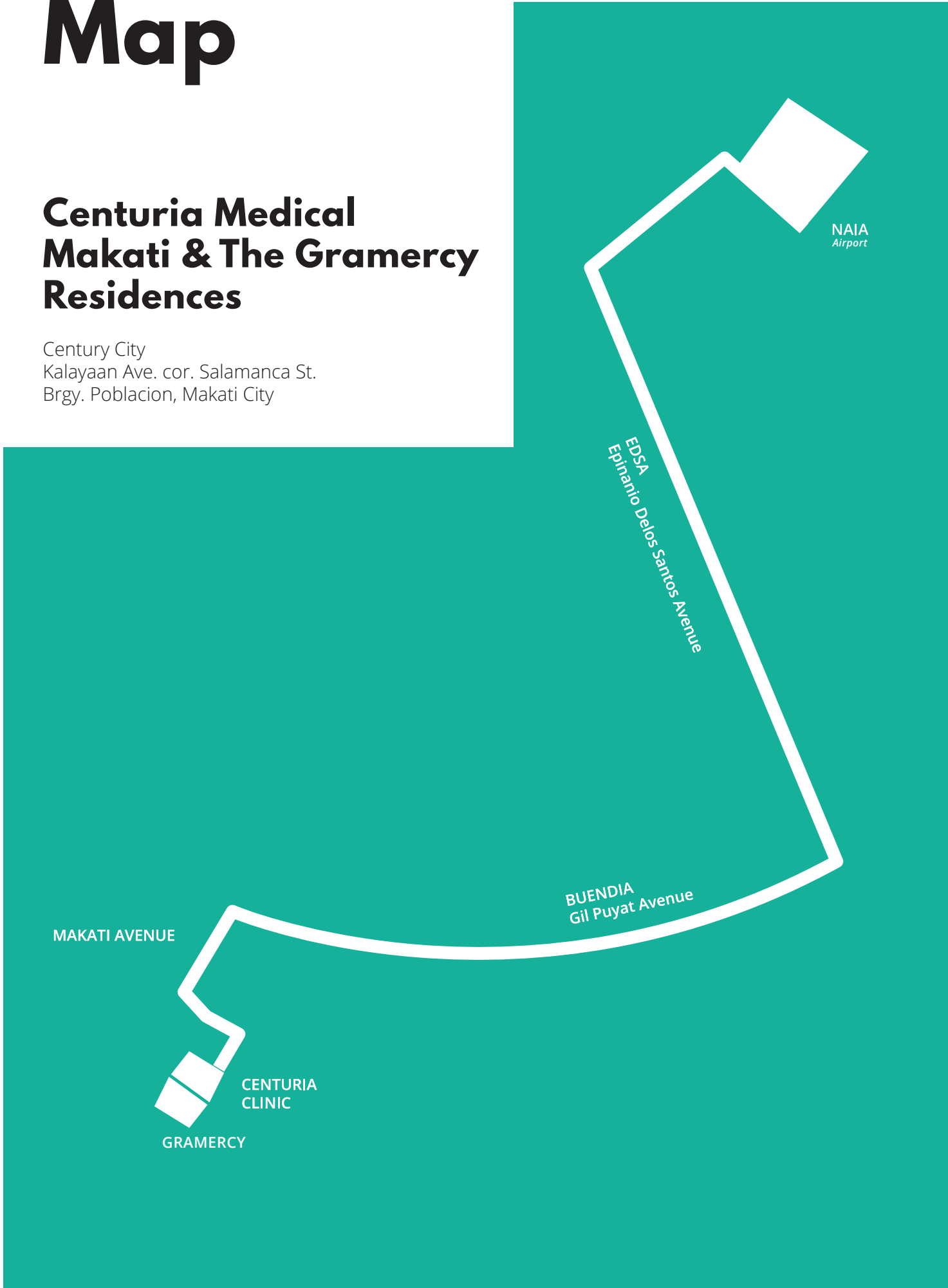
To learn more about the hospital, click here:

[Centuria Medical Makati](#)

Map

Centuria Medical Makati & The Gramercy Residences

Century City
Kalayaan Ave. cor. Salamanca St.
Brgy. Poblacion, Makati City



Manila, The Holiday & The Philippines



Manila

is a modern metropolis which has retained its original character with many cathedrals and colonial landmarks. If you like big cities, you'll love MANILA: a high-speed, frenetic place, where you can eat, drink and shop 24 hours a day and where the Filipino heritage of native, Spanish, Chinese and American cultures are at their most mixed up. And while the older parts of the city remain shabby and run-down, sparkling districts like Makati, Ortigas and Bonifacio Global City are smart and skyscraper-smothered, like any other booming Asian metropolis.

Manila prides itself on the quality of its restaurant scene, nightlife and the ability of its residents to whip up a good time. For many tourists, this will be their enduring memory of the place: fabulous food, funky bars and nightclubs in areas such as Malate and Makati. And don't forget, Manila is still a great place to pick up bargains.



Boracay

This idyllic tropical paradise island is one of the most beautiful beaches in the country, if not the world. The best foods, bars, and resorts are lined up on this 7 kilometre stretch of paradise. A gentle coastline combined with incredible sunsets make this piece of paradise the ideal location to relax after your surgery to return home completely revived. Add in a thriving nightlife scene and you have one of the top tourist spots this country has to offer!

There's something for any kind of traveler in this piece of paradise. Do you simply want to relax? Then head to the west coast where you can see the White Beach. This part of the island is backed by palm trees, bars and restaurants. Up for an adventure? On the east coast, strong winds make Bulabog Beach a hub for water sports like kite surfing. Nearby, the observation deck on Mount Luho offers panoramic views over the island. Offshore, coral reefs and shipwrecks are home to diverse marine life.

This is the reason why this beautiful island has been named "Best Island in the World" by many entities, including luxury and lifestyle magazine Condé Nast Traveler for two consecutive years. Also, Boracay is among the best islands in the world that never fails to make it to TripAdvisor's yearly "Travelers' Choice" list.



Siquijor

Compared to other major tourist attractions in the Philippines, Siquijor is one of the most underrated and least commercialized destinations. The island is the perfect balance of natural beauty and mystery, comprising of beautiful beaches, centuries-old churches, amazing dive sites, and relaxing waterfalls. It is a bliss waiting to be explored!

Formerly known as “Isla Del Fuego” (Island of fire), named by Spaniards due to the swarm of fireflies around the island, Siquijor is a small island with big surprises. Known by most locals as the “Mystical Island” for its famous herbal healing tradition and myths about witchcraft, this beautiful pearl-shaped island is nestled in the Bohol Sea and encompassed by two major islands: Visayas and Mindanao.

Above all the wonders that this island has to offer, here’s one thing we can assure you: As soon as you dock at the port of Siquijor, you will already fall in love with its unspoiled environment and the warm hospitality of its people.



The Philippines

An archipelago of more than 7,000 islands, the Philippines is a country known for its rich heritage, beautiful landscapes and hospitable people.

It is recognized as a nation of abundant natural resources, with one of the most extensive coastlines in the world marked by captivating beaches and waterfront leisure and residential establishments. In terms of lifestyles, it is multicultural. Eastern and western influences reflect in its vast array of historical landmarks. But most of all, Filipinos are known for having a happy and festive nature, noted for their warmth and hospitality. Not to mention, Filipinos are very easy to communicate with since they are naturally friendly and also because the whole country speaks the English language really well. Aside from its natural beauty, the Philippines is also a hotspot of financial and entertainment districts dominated by multinational companies, foreign banks, renowned establishments, and high-end shopping malls. It is emerging as one of the world's best performing economies, with one of the highest GDPs in the region, and being primed to become a medical tourism hub in Asia.



The Procedures

Surgical

*Upper lid lift
Eyebags removal*

Rhinoplasty

*Breast enlargement:
implant / fat transfer*

*Tummy tuck
(Abdominoplasty)*

*Liposuction
Vaser machine*

*Vaginoplasty
Labiaplasty
Brazilian Butt Lift*

Non-Surgical

*Botox
Fillers*

*To see full list of services,
click here:*

SERVICES



Dental

COSMETIC DENTISTRY

Porcelain and Zirconia Crowns and Bridges
Professional Composite Bonding
Teeth Whitening
Tooth-Colored Fillings
Partial Crowns
Inlays and Onlays
Porcelain Veneers

DENTAL SURGERY & IMPLANTS

Root Canal Therapy
Periodontal Treatments (managing infections that affect structures surrounding the teeth, e.g., gingivitis)
Removal of Cysts and Tumors
Sinus Lifts
Biopsies
Bone and Soft Tissue Graft
Implants
Wisdom Teeth Removal

ORTHOGNATIC SURGERY

Correction of TMJ Dysfunction
Dental and Obstructive Sleep Apnea

COMPREHENSIVE DENTAL CARE

Dental Examinations
Dental Cleaning
Crowns and Bridges
Full and Partial Dentures
Fillings and Extractions



Booking Process

In order to book with Cosmetic Holidays Philippines, there are a few steps to go through.

1 Choose your package.

In this step, you can design your own package or choose a pre-made one. If you are planning to mix and match different procedures, the doctors will assess the viability. After filling in the following form we will come back to you within 5 days.

2 Consultation with the doctor.

For cosmetic surgeries, together with the doctor, you will discuss the procedure thoroughly in a video consultation. This is also your chance to ask any question that you may have. Once your desired treatment is approved and cleared by the doctor, the next steps can be taken.

3 Confirm the trip.

After we agree on your holiday dates, Cosmetic Holidays Philippines will arrange everything you will need throughout your stay.

SAMPLE FAQs

- How many years have you been performing cosmetic operations?
- How many operations do you perform each year?
- What are the possible risks and complications related to my surgery?
- What are the options that I have concerning my surgery?
- Do you have before-and-after photos that I can look at?
- What will my recovery be like?
- What type of anesthesia will I receive?
- Are you board certified in cosmetic surgery?
- How do I prepare for my procedures?

**Congratulations,
your holiday
to paradise
is officially
confirmed!**

The Payment

There are basically three payment options from which you can choose:

Full Payment via wire transfer.

There is the option to pay the full amount before arrival. We fully understand that for some of our clients it is not desirable to transfer the full amount at once.

Full cash payment upon arrival.

The next option is payment on arrival in cash, with a 10% downpayment.

10/90 payment.

This is by far the most popular way to make the payment. The client makes a deposit of 10% of the total sum via wire transfer and on arrival after the consultation, the remaining 90% must be paid either via wire transfer.

Kindly make sure that your online banking is activated if you wish to pay via wire transfer when you arrive to Manila. Otherwise, your only payment option upon arrival is through cash-by-hand.

We suggest as well that you inform your bank beforehand that you're traveling overseas, so to avoid possible payment issues.

Cancellation Policy



- If for any reason you wish to cancel your booking prior to your departure, we will be refunding all deposits but unfortunately, we have to deduct the flight costs from the deposit, if it is included in your chosen package.
- If in the very unlikely case that the doctor or cardiologist finds you unsuited to undergo the operation while already in the Philippines, we will refund all medical costs. You may still opt to go on your holiday.
- Since we understand that this is a life-changing experience, we will respect your decision

"The only risk you take is going on a beach holiday"

Extra Tips: Packing & Spending



Packing.

There's absolutely no need to pack too much. Why? It's because the shopping experience is one of the great things about the country. A mix of high-end and local shops are found in all shopping malls. You will probably come back with too much, so you've been warned!

Pack light clothing: t-shirts and long shorts, long skirts, buttoned shirts are best for the climate and for easy removal during the procedure. Natural fibres and casual clothing are best to keep you cool for hot, tropical destinations. After the procedure, loose and comfortable clothing will work best.

Malls, restaurants and night spots are all air-conditioned, so you can dress up when you go out. Cover-up is necessary to keep scars out of the sun. Make sure you have your hats, sunscreen, a scarf for your head and face and big dark sunglasses if you're having a face treatment.

Spending.

How much you are going to spend on your holiday destination depends on yourself. Good quality food is not expensive in the Philippines. A great meal in a nice restaurant will cost around \$5 USD. Apart from that, your apartment will be stocked with food and drinks when you arrive. High quality supermarkets will cost more or less the same as in most western countries. To give a rough estimate, most people will easily get by on \$25 USD per day!

Managing Your Expectations



Let's face it, not everyone is suitable for a cosmetic procedure. Having a realistic expectation is key. Do not have a procedure if you want to look exactly like someone else because that fixation will probably be as fleeting as your decision to change.

If you wish to talk to people about the procedures you desire, talk to someone who had similar work done. You may obtain pictures of the look you wish to achieve and your surgeon will advise you on the viability of your options. He/she will review your desired look and advise you how best these will fit your features and body type.

Here's a piece of advice: Do your homework, research, talk to people and get your emotions straight. After all, it is you and only you who can justify this important and life-changing decision because it's going to benefit or affect you the most.



Are You Ready to Start The Journey to a New You?

[Book now!](#)

About Cosmetic Holidays Philippines



COSMETIC HOLIDAYS
— P H I L I P P I N E S —

Cosmetic Holidays Philippines started in 2016. Since that date, we facilitated clients to the Philippines for cosmetic and dental care. Cosmetic Holidays Philippines is part of VIRAY Tours and Travel. We provide local assistance, tours, (international and local) transport and accommodation. We have local connections in Australia and in Europe that are assisting our operations.

Cosmetic Holidays Philippines operates and is registered in Manila, Philippines under DTI registration number: 05203031.

Cosmetic Holidays Philippines



COSMETIC HOLIDAYS

PHILIPPINES

